

National Wear Red Day for Women Promotes Heart Disease Awareness

She is the one that kissed your knee when you fell off the bike. She is the one that took her very first steps and walked into your arms. She is the one that said “I do.” She is the one that worked late and helped you out on that big presentation at work. Who is she? She is your mother, daughter, wife, friend, or coworker.

Feb. 4 was the 2nd Annual National Wear Red Day for Women. Thousands of people across Kansas united to wear red to give women a wake-up call about their risk for heart disease. The day served as a reminder to every woman to take care of their heart because heart disease is the number one killer of women.



One in three American women dies of heart disease. Many women fail to recognize the seriousness of heart disease. One reason may be the misconception that heart disease can be “cured” with surgery. Surgery can restore the blood flow back through the heart, but the blood vessels remain damaged. Heart disease can be managed, but it cannot be cured. Lifestyle changes, such as not smoking, eating right, and being physically active can help “manage” heart disease.

Risk factors include habits that increase the chances of developing heart disease. Many of the risk factors for heart disease can be prevented. Having more than one of the risk factors can double your chances of having heart disease. Women should talk to their doctor about how to lower individual risk factors. Risk factors for heart disease include: smoking, high blood pressure, high blood cholesterol, overweight/obesity, physical inactivity, and diabetes. Women fail to make the connection between risk factors and their chances of developing heart disease.

For more information about heart disease, please contact the Office of Health Promotion at 785-291-3742.



KDHE women care for their heart.

Back row (left to right): Helen Ljungdahl, Billie Williams, Shelley Bearman, Lori Haskett, Cherie Sage. Front row (left to right): Patricia Bottenberg and Cindy Winters.